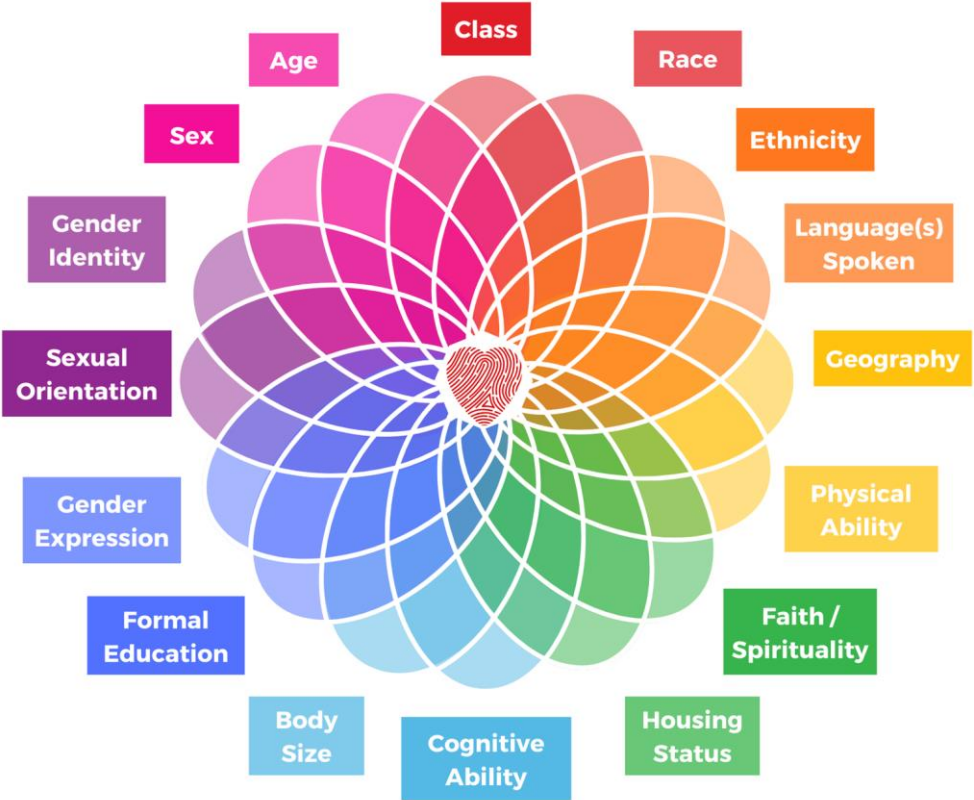


# Supporting & Affirming LGBTQ+ Youth

*Jule Arney (xe/they)*  
*Director of Training & Research*



# Dimensions of Identity



# What is SOGIE?

*Sexual  
Orientation*

Who you're ATTRACTED to

*Gender  
Identity*

Who you ARE

*Gender  
Expression*

How you PRESENT yourself

# LGBTQ+ YOUTH & HEALTH DISPARITIES



# Greatest Health Disparities for LGBTQ+ Youth

- ▶ Family Rejection
- ▶ Housing Insecurity
- ▶ Bullying & Victimization
- ▶ Mental Health
- ▶ Substance Use
- ▶ Sexual Wellbeing



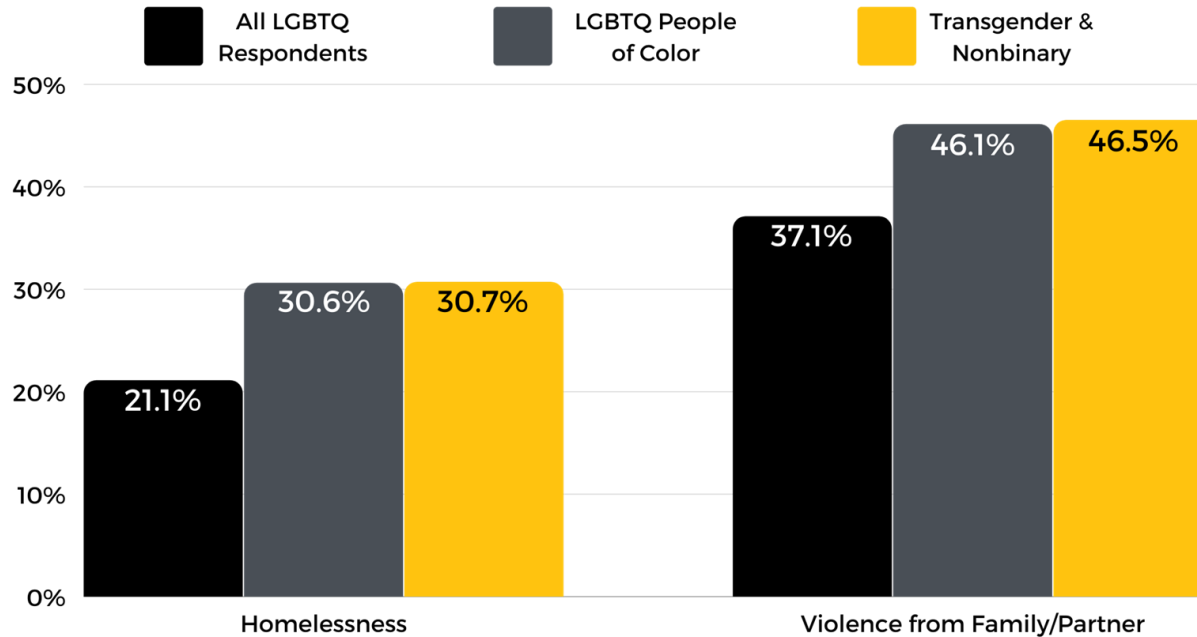
# Family Rejection and Health Risks

Compared to LGBTQ peers who report no/low levels of family rejection, LGBTQ young adults who report high levels of rejection during adolescence were:

- ▶ 8.4x more likely to report having attempted suicide
- ▶ 5.9x more likely to report high levels of depression
- ▶ 3.4x more likely to report illegal drug use
- ▶ 3.4x more likely to have engaged in unprotected sexual intercourse

# Family Rejection

In Pennsylvania, rejection from family results in homelessness and violence for LGBTQ+ individuals.



# Housing Instability & Victimization

- ▶ Over 40% of homeless youth are LGBTQ<sup>[1]</sup>
- ▶ Once homeless, LGBTQ youth:
  - ◆ Are at higher risk for victimization
  - ◆ Suffer higher incidence of mental health concerns<sup>[2]</sup>
  - ◆ Are more than 3x as likely to be involved in survival sex as their non-LGBTQI peers<sup>[3]</sup>

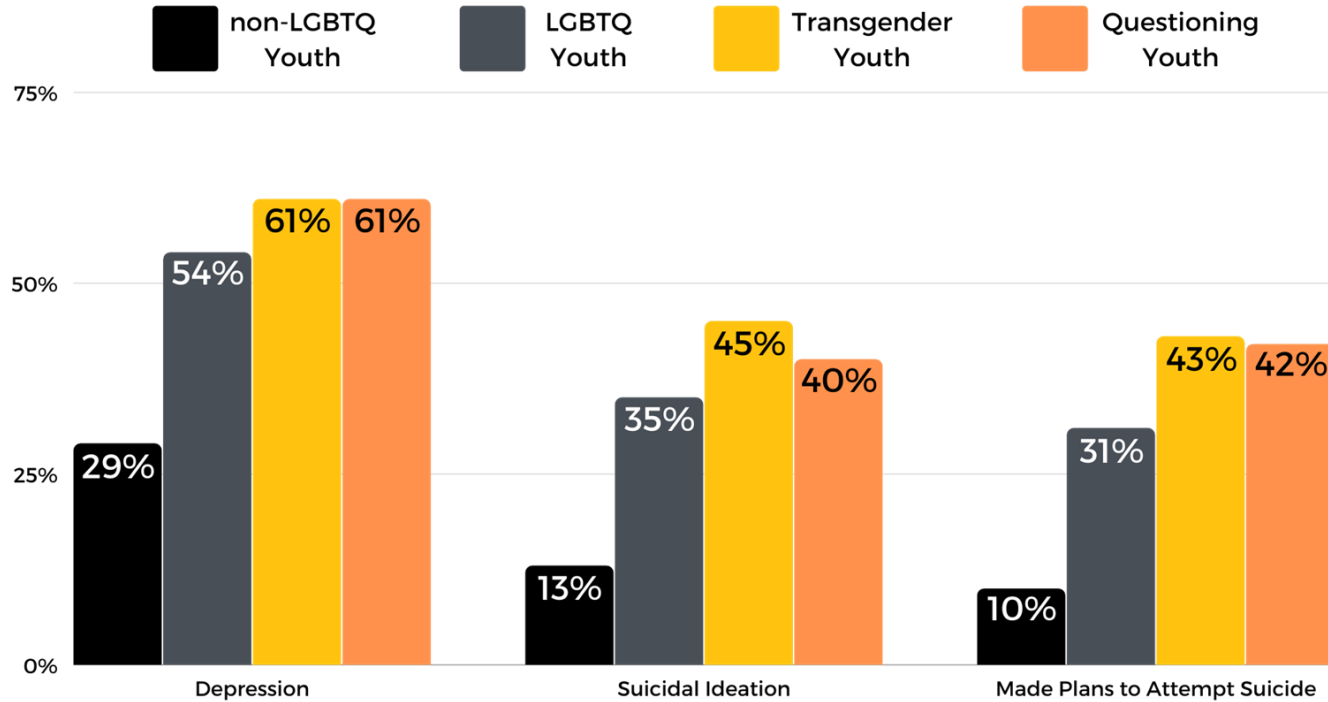


<sup>[1]</sup> True Colors United, 2022; <sup>[2]</sup> Center for American Progress, 2013; <sup>[3]</sup> California Homeless Youth Project, 2011.



# Mental Health

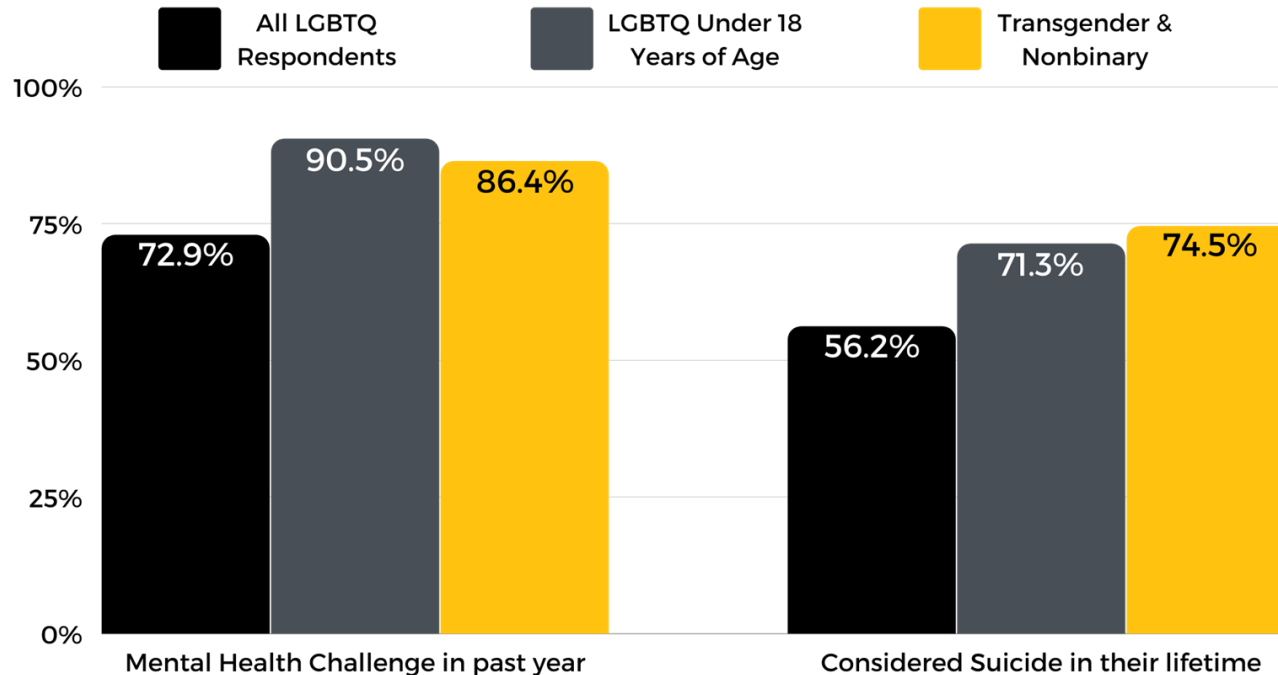
US high school students struggling with depression and/or suicidal ideation:



HRC analysis of CDC 2019 Youth Risk Behavior Surveillance (YRBS)

# Mental Health & Suicide

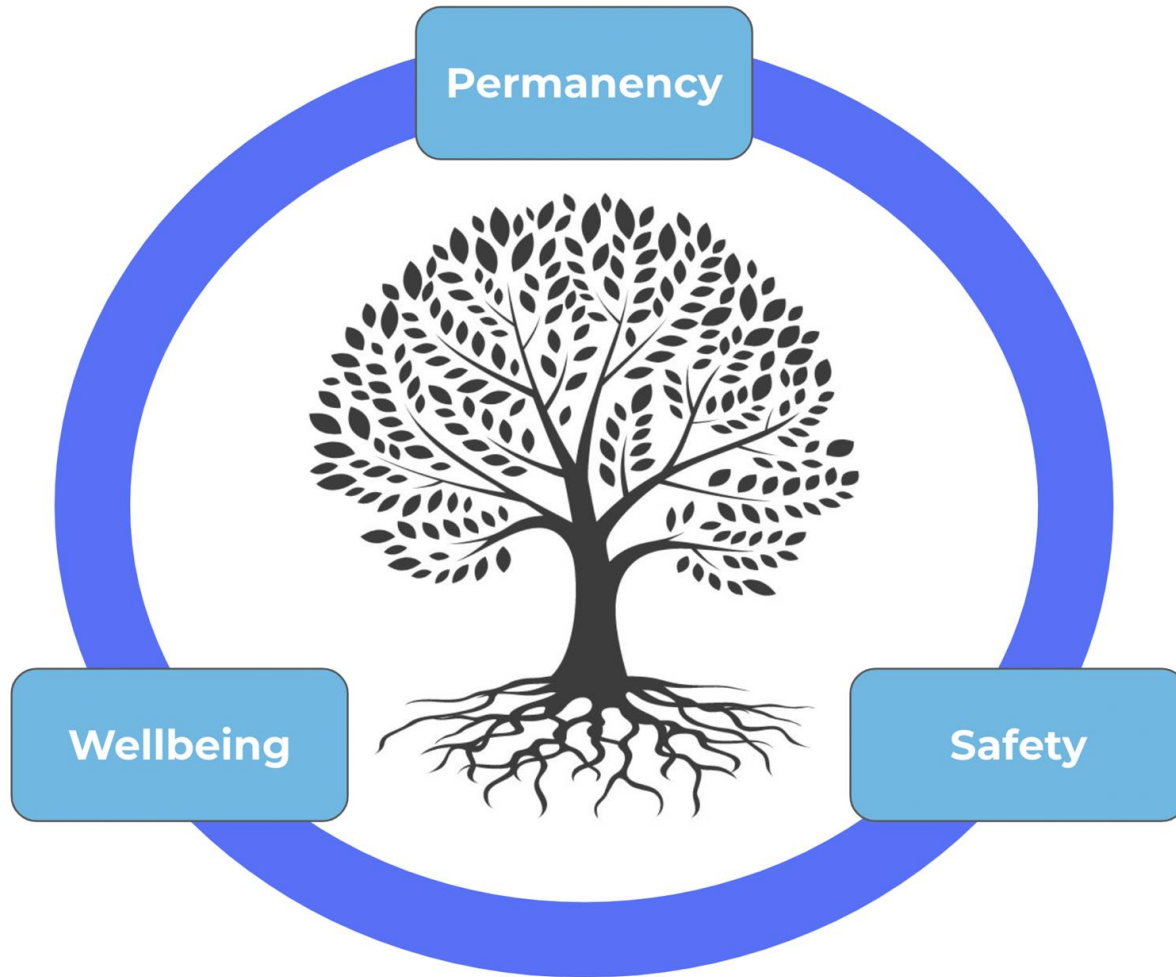
9 in 10 LGBTQ Pennsylvanians under 18 years of age report having a mental health challenge in the past year.



2020 PALGBTQ Health Needs Assessment

# Health Interventions





# Youth AFFIRM

- ▶ AFFIRM is a group series for LGBTQIA2S+ youth based in cognitive behavioral therapy (CBT).
- ▶ AFFIRM has been proven to:
  - ◆ Decrease unhelpful thoughts
  - ◆ Increase hope and future ideation
  - ◆ Increase positive, helpful social connection

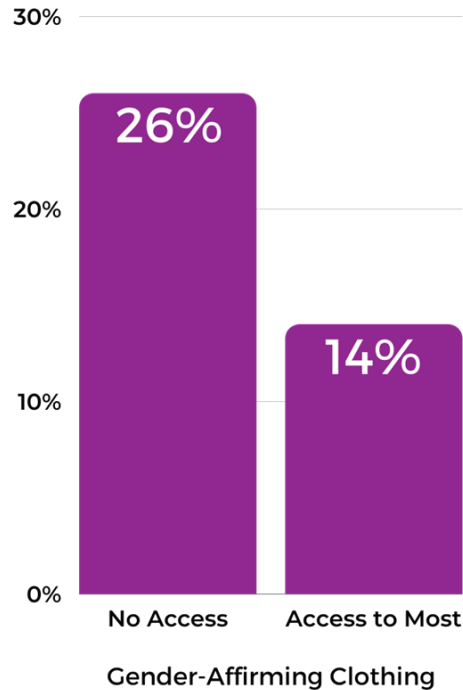
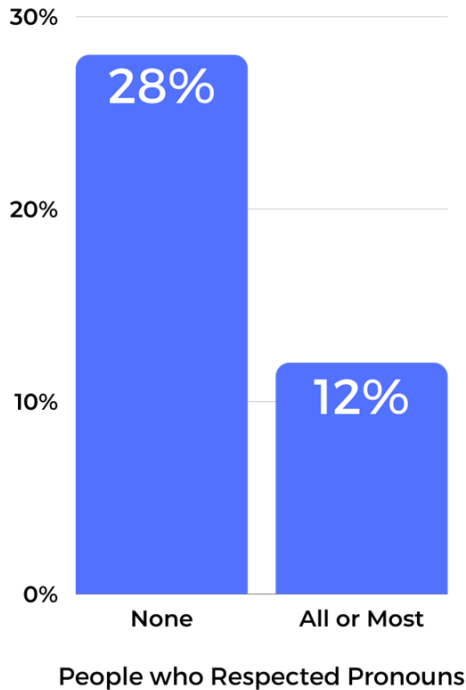
**AFFIRM**

# Steps2Connect

- ▶ Mental Health intervention led by master's-level clinicians specially trained in SOGIE-competence.
  - ◆ can support vulnerable families
  - ◆ prepared for clinical issues such as grief, loss and identity formation
  - ◆ provide support for family systems and relational work

# Gender Affirmation

Risk of suicide attempt among LGBTQ Youth is cut in half when their gender is affirmed.





@HUGHLANEWELLNESS

**SATURDAY  
JUNE 29TH  
12PM-3PM**



**HUGH LANE**

**CHOSEN FAMILY  
PRIDE PICNIC**



**Cookout  
Games  
Crafts  
Entertainment  
Meet Our Staff  
Free For All Ages!**

